



SD OCS Battalion 196th Regiment (RTI)

PHASE 0 TRAINING GUIDANCE



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- Designed to prepare Soldiers to succeed in OCS, with emphasis Phase I
- 3 Month Training Calendar
- Increases the success rate during OCS



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- TY 08 SD OCS BN Commander's Guidance
 - Land Navigation
 - Basic map reading and compass skills
 - Terrain association
 - Physical Fitness Training
 - FM 21-20
 - Phase 0 APFT (within 60 days of start of Phase I)
 - Foot Marches
 - Familiarize with FM 21-18
 - Boot fit and break-in
 - Proper foot care
 - Drill and Ceremony
 - Squad, Platoon, & Company Level
 - Inspections
 - Equipment
 - Familiar use of equipment on packing list
- Include WARRIOR ETHOS in all phases of training



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- Month 1
 - Chapter 2 Physicals - Medical Staff
 - Concurrent Training
 - Foot Care/Boot Break-in - TAC's
 - Autobiography Prep
 - ID Card's
 - D&C (include Retreat/Reveille) - TAC's
 - Inventory OCIE and Personal Uniform items - TAC's
 - Brief Officer Candidate School Program - TAC's
 - Review OC Guide
 - LAP Program (Student Evaluation Program)
 - Duty Positions and Expectations
 - Prepare Enrollment/Commissioning Packet - S1/QA
 - PT - TAC's
 - Run
 - Diagnostic APFT (?)



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- Month 2
 - PT – TAC's
 - Ability Run
 - Push-up/Sit-up Improvement
 - Implement an Individual Program – TAC's
 - Emphasis on OCS needed Fitness (upper body, marching, foot marches, torso strength)
 - Review/Update OCIE and Clothing deficiencies - Supply
 - D & C – TAC's
 - Inspections
 - Change of Command
 - Conduct PT
 - OC Packet Review – S1/QA
 - 6-part folder review
 - Troop Leading Procedures Class – TAC/INSTRUCTOR
 - Review OC Required Knowledge - TAC



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- Month 3
 - PT - TAC'S
 - AFPT (for record) & HT/WT
 - 3-mile foot march (?)
 - Map Reading and Land Navigation - INSTRUCTOR/TAC
 - To include night
 - Review Required Knowledge - TAC
 - Conduct a Risk Assessment - INSTRUCTOR/TAC
 - Mini SRP (TR 350-18-2) - S1/S4/TAC
 - Inventory Packing List
 - ID Card's
 - DEERS
 - Family Care Plan
 - Travel
 - 6-part folder review
 - AMC's (PHA)



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- Adjust as needed for a Soldier that comes into the program late
- Use of the Army Training Website (train.army.mil) for interactive Warrior Tasks to assist with preparation for Phase I.
- Possible that some states will have Soldiers at different months of Phase 0 at the same time.
- Stay engaged with the Soldier and their unit.
- Issue some publications at the beginning of month 1 (such as D & C, PT, and INF PLT)



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- **Prepare your
Soldiers for
OCS!!!**